

## Positive Alternatives 2016 - 17 Quarterly Update

**Grantee (Name and city):** First Choice Pregnancy Services, New Ulm

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**Goal:** To provide a quality education/mentoring program to pregnant and parenting women

**For the period/quarter: 1<sup>st</sup> Quarter: June 20, 2016 – September 30, 2016**

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities</b>	Provide guidance to grant staff Attend required grant meetings Assure payroll is completed Hire new grant staff		Ultrasound nurse was hired.	
<b>Outreach</b>	Promotion of PA programming in the community		Explained the program at the Redeemer Lutheran Women's luncheon.	
<b>Car Seat Program</b>	Refer participants for car seat education classes  Verify car seat safety training by certified practitioner/technician  Provide car seat to participants who need child passenger seat	2	Pregnant women and women with infants are referred to their County's trained Child Passenger Safety Technician for training on the safe and proper use of car seats. Clients must bring verification of the training and show they know how to use a car seat properly before receiving car seats. Clients who do not need a car seat are also referred for the training and given credit for the EWYL Program.	4

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<b>Crib Distribution/ Sleep Safety Education</b>	Enroll participants in Earn While You Learn program  Provide safe sleep education  Provide pack-n-play, crib and mattress, or similar infant safe sleep environment	2	Clients, their partners, and family members are learning crib safety and receiving safe sleep education. Clients are encouraged to share this information with anyone who cares for their infant. Clients who receive a crib or pack-n-play through the EWYL Program must complete the lesson <u>and</u> demonstrate a safe sleep environment before receiving the equipment.	4
<b>Life-Skills Education Program</b>	Provide monthly group support meetings with speakers addressing various life skills topics including: nutrition, budgeting, relationship building, and accessing Community resources	15	This program has not yet begun.	0
<b>Material Support</b>	Provide baby and maternity clothing to pregnant and parenting women  Provide diapers, wipes, and formula to parenting women	5	Women seeking assistance due to lack of funds to purchase baby supplies are receiving baby and maternity clothes, diapers, wipes, and formula. Referrals to our program are being generated by several agencies, schools, churches and clinics in our area.	8
<b>Mentoring Programs</b>	Assess client needs through intake process  Develop individual lesson plan for client  Provide referrals to local organizations, agencies, and services  Connect clients to resources in the community  Maintain relationship with client	8	Women who receive a positive pregnancy test, along with women who come to the center knowing they are pregnant, are offered the opportunity to participate in the EWYL Program. Staff arrange, or make referrals for, appointments; follow-up with clients; discuss with clients WIC appointments, doctor visits, and other referral appointments; and mentor clients using the EWYL Program.	18

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<b>Parenting Education</b>	Provide parenting education in an incentive program  Education topics include: car seat safety, safe sleep/SIDS, home safety, child abuse prevention and shaken baby prevention.	10	Clients are learning key parenting and safety skills. Clients are watching videos, completing lessons, and interacting with staff and volunteers on these important issues. Other agencies in the area are recommending our program to their clients. We have seen an increase during this quarter of clients continuing with the parenting education.	60
<b>Pregnancy Education</b>	Provide pregnancy education in an incentive program  Education topics include: nutrition during pregnancy, smoking and alcohol cessation, child birth classes and breast feeding	10	Clients are learning about pregnancy, being healthy, and having a healthy baby. Area Public Health Nurses and County Family Services programs are referring clients to reinforce the lessons being taught to clients through those agencies. FCPS encourages clients to either share this information with their partners or to bring their partners along. Referrals are made to local hospital programs for pre-natal classes & daddy boot camp.	49
<b>Provide Necessary Services to all clients</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	3	All new clients are provided with intake assessments whether they sign up for the grant funded EWYL program, or choose only to utilize other services.	17
<b>Provide Necessary Services Assessments Only</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing	3	All clients are provided with intake assessments. Clients with good family support and those who do not live locally sometimes choose not to continue with other services offered by FCPS. These women are given information regarding other services available. There were more women this quarter	9

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	pregnancy support services. Utilize resource database to provide information and make referrals		choosing not to utilize the Center's programs after completing the intake process.	
<b>Ultrasound</b>	Provide assessment, counseling, and ultrasound scans for confirmation of pregnancy, estimation of age, and evaluation of interval growth.	7	This quarter FCPS had an increased number of women choosing to have limited OB ultrasound scans.	10

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	4
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	3
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	11
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	11
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	4
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	4

**Challenges:** The Life-skills education group did not begin during the first quarter due to staffing issues.

**Comments:** FCPS saw a significant increase in clients during this quarter, not sure why. Most clients are learning about the program from their friends.